

**COURSE OUTCOME**  
**DEPARTMENT OF PHYSICAL EDUCATION,**  
**GOVT SHIVALIK COLLEGE NAYA NANGAL**  
**BA 1<sup>st</sup> Years 2018-2019**  
**Program code :- ARTB03PUP**

Course Outcomes, **Program:** B. A. Physical Education

Sr. no.	Semester	Paper	Course code	Course outcome
1.	I.	Theory	ARTB1104T	After completion of this course, students will Apply knowledge of physical education, health education, Olympic games, Asian and common wealth games, growth and development, Heredity and environment, Personal Hygiene, Terminology of Physical Education, Cell, Digestive System,
		Practical	ARTB1105P	Having successfully completed this course student will learn about Athletic, Football and Volleyball.
2.	II.	Theory	ARTB1204T	Having successfully completed this course student will learn about Children and Sports, Body Types, Communicable Diseases, Sports Terminologies, Skeletal System, Joints, N.S.N.I.S., S.A.I, I.O.A, I.A.A.F, Drugs, Doping, Warming Up and Cool Down,
		Practical	ARTB1205P	Having successfully completed this course student will learn about Long Jump, Hockey and Basketball and Different Sports Awards.

**COURSE OUTCOME**  
**DEPARTMENT OF PHYSICAL EDUCATION,**  
**GOVT SHIVALIK COLLEGE NAYA NANGAL**  
**BA 2<sup>nd</sup> Year 2018-2019**  
**Program code :- ARTB03PUP**

Course Outcomes, **Program:** B. A. Physical Education

Sr. no.	Semester	Paper	Course code	Course outcome
1	iii.	Theory	ARTB2304T	Having successfully completed this course student will learn about Children and Sports, Body Types, Communicable Diseases, Sports Terminologies, Skeletal System, Joints, N.S.N.I.S., S.A.I, I.O.A, I.A.A.F, Drugs, Doping, Warming Up and Cool Down,
		Practical	ARTB2305P	Having successfully completed this course student will learn about Long Jump, Hockey and Basketball and Different Sports Awards.
2	iv.	Theory	ARTB2404T	Completion of this course will enable the students to: Play, Childhood and Adolescence, Age and Sex Differences, Yoga, Pranayama, Shudhi Kriyas, Physiology of Asanas, Endocrine System, Excretory System,
		Practical	ARTB2405P	Having successfully completed this course student will learn about Asanas, Kabaddi (National Style) and Shot Put.

**PROGRAM OUTCOMES**

Program outcomes of Physical education is not only concerned with the physical outcome that increase from participation in physical activities but also the development of knowledge and attitude conducive to lifelong learning and participation in active lifestyle. The curriculum and syllabus have been structured in such a way that each of the semester meets one or more of the outcomes related to the health, skills, knowledge, behaviours, games and sports, that students acquire as they advance through the program. The main aims of Physical Education are given below.

1. To understand the importance of physical education by studying the ancient and modern history of Physical education.
2. To help the students to know more about Exercise Physiology and Human Biomechanics which helps for achieve higher level of sports performance and adopt sports training method.

3. To know about health aspects and maintain good health and fitness for higher achievements in sports.
4. To Maintenance of fitness level for optimal health and well-being.
5. To Enhancement of motor skills.
6. To equip the students with the knowledge domain of body response to different types of exercises.
7. to create the positive environment related to Sports and Exercise.
8. To understand the values and ethics of life and personality development.

### **CARRIER OPPORTUNITIES**

There are various career opportunities in sports academy, health clubs, sports goods manufacturing companies, and in the areas of marketing. Also, there are opportunities as a commentator, sports journalist, sports trainer, school/college teacher (physical training), and many more like.

PE Teacher

Assistant Professor

Sports Manager

Physical Therapist

Physical Education Trainer

Health Educator

Professional sportsperson

Sports coach/consultant

Sports policy at local and national level

Diet and fitness instructor

Yoga Teacher

Fitness Instructor

Sports Journalist

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**BA 1<sup>st</sup> Years 2019-2020**  
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Sr. no.	Semester	Paper	Course code	Course outcome
3.	III.	Theory	ARTB1104T	After completion of this course, students will Apply knowledge of physical education, health education, Olympic games, Asian and common wealth games, growth and development, Heredity and environment, Personal Hygiene, Terminology of Physical Education, Cell, Digestive System,
		Practical	ARTB1105P	Having successfully completed this course student will learn about Athletic, Football and Volleyball.
4.	IV.	Theory	ARTB1204T	Having successfully completed this course student will learn about Children and Sports, Body Types, Communicable Diseases, Sports Terminologies, Skeletal System, Joints, N.S.N.I.S., S.A.I, I.O.A, I.A.A.F, Drugs, Doping, Warming Up and Cool Down,
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Sr. no.	Semester	Paper	Course code	Course outcome
3	iii.	Theory	ARTB2304T	Having successfully completed this course student will learn about Children and Sports, Body Types, Communicable Diseases, Sports Terminologies, Skeletal System, Joints, N.S.N.I.S., S.A.I, I.O.A, I.A.A.F, Drugs, Doping, Warming Up and Cool Down,
		Practical	ARTB2305P	Having successfully completed this course student will learn about Long Jump, Hockey and Basketball and Different Sports Awards.
4	iv.	Theory	ARTB2404T	Completion of this course will enable the students to: Play, Childhood and Adolescence, Age and Sex Differences, Yoga, Pranayama, Shudhi Kriyas, Physiology of Asanas, Endocrine System, Excretory System,
		Practical	ARTB2405P	Having successfully completed this course student will learn about Asanas, Kabaddi (National Style) and Shot Put.

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5. To Enhancement of motor skills.
6. To equip the students with the knowledge domain of body response to different types of exercises.
7. to create the positive environment related to Sports and Exercise.
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Sr. no.	Semester	Paper	Course code	Course outcome
5.	V.	Theory	ARTB1104T	After completion of this course, students will Apply knowledge of physical education, health education, Olympic games, Asian and common wealth games, growth and development, Heredity and environment, Personal Hygiene, Terminology of Physical Education, Cell, Digestive System,
		Practical	ARTB1105P	Having successfully completed this course student will learn about Athletic, Football and Volleyball.
6.	VI.	Theory	ARTB1204T	Having successfully completed this course student will learn about Children and Sports, Body Types, Communicable Diseases, Sports Terminologies, Skeletal System, Joints, N.S.N.I.S., S.A.I, I.O.A, I.A.A.F, Drugs, Doping, Warming Up and Cool Down,
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Sr. no.	Semester	Paper	Course code	Course outcome
5	iii.	Theory	ARTB2304T	Having successfully completed this course student will learn about Children and Sports, Body Types, Communicable Diseases, Sports Terminologies, Skeletal System, Joints, N.S.N.I.S., S.A.I, I.O.A, I.A.A.F, Drugs, Doping, Warming Up and Cool Down,
		Practical	ARTB2305P	Having successfully completed this course student will learn about Long Jump, Hockey and Basketball and Different Sports Awards.
6	iv.	Theory	ARTB2404T	Completion of this course will enable the students to: Play, Childhood and Adolescence, Age and Sex Differences, Yoga, Pranayama, Shudhi Kriyas, Physiology of Asanas, Endocrine System, Excretory System,
		Practical	ARTB2405P	Having successfully completed this course student will learn about Asanas, Kabaddi (National Style) and Shot Put.

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Sr. no.	Semester	Paper	Course code	Course outcome
7.	VII.	Theory	ARTB1104T	After completion of this course, students will Apply knowledge of physical education, health education, Olympic games, Asian and common wealth games, growth and development, Heredity and environment, Personal Hygiene, Terminology of Physical Education, Cell, Digestive System,
		Practical	ARTB1105P	Having successfully completed this course student will learn about Athletic, Football and Volleyball.
8.	VIII.	Theory	ARTB1204T	Having successfully completed this course student will learn about Children and Sports, Body Types, Communicable Diseases, Sports Terminologies, Skeletal System, Joints, N.S.N.I.S., S.A.I, I.O.A, I.A.A.F, Drugs, Doping, Warming Up and Cool Down,
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9.	IX.	Theory	ARTB1104T	After completion of this course, students will Apply knowledge of physical education, health education, Olympic games, Asian and common wealth games, growth and development, Heredity and environment, Personal Hygiene, Terminology of Physical Education, Cell, Digestive System,
		Practical	ARTB1105P	Having successfully completed this course student will learn about Athletic, Football and Volleyball.
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